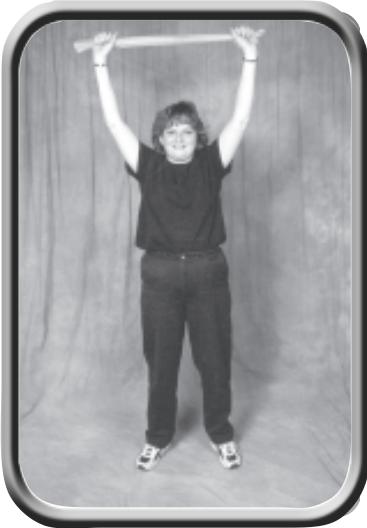


Stretching



It is important to set goals for stretching activities that best meet your individual needs. Stretching activities can be done 5 days a week. It is recommended that you do 5 of each stretch.



1. Overhead Stretch

Standing with the feet shoulder width apart, holding both ends of the band to maintain tension. Raise arms over your head and reach as high as you can.



2. Side Bends

Standing with the feet shoulder width apart, hold both ends of the band to maintain tension. With arms raised over your head bend to the side until you feel tension. Repeat on the opposite side.



3. Torso Twist

Standing with the feet shoulder width apart, hold both ends of the band to maintain tension. With the band stretched across the chest twist at the waist to the right and then repeat going to the left.



4. Toe Reach

Standing with the feet shoulder width apart, hold both ends of the band to maintain tension. With the band stretched reach down toward your knees until you feel tension and return to the start position.



5. Lunge Forward/Backward

Hold both ends of the band in front of the chest to maintain tension. Stand with feet together and step back with the left leg, keeping the back straight and eyes focused in front. Lower the body until the knee is bent to a 90 degree angle and the back knee is close to the ground but not touching. Hold for a moment and return to the starting position and switch to the opposite leg.